
HOUSE RESOLUTION

URGING THE BOARD OF EDUCATION TO REQUIRE PHYSICAL EDUCATION AND
HEALTH EDUCATION IN MIDDLE SCHOOL.

1 WHEREAS, currently, Hawaii does not require physical
2 education or health education in intermediate or middle school;
3 and
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5 WHEREAS, physical education programs are critical to
6 providing students with the skills necessary to achieve and
7 maintain life-long physical fitness; and
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9 WHEREAS, in 2013, the Institute of Medicine identified
10 daily school physical education for all students as a strategy
11 to prevent obesity across the nation; and
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13 WHEREAS, research suggests that schools that provide time
14 for high-quality physical education generate positive benefits
15 for academic achievement, such as increased concentration;
16 improved scores in mathematics, reading, and writing; and
17 reductions in disruptive behaviors; and
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19 WHEREAS, the National Physical Education Standards
20 recommend 225 minutes per week of high-quality physical
21 education for middle school students; and
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23 WHEREAS, according to the Hawaii Youth Risk Behavioral
24 Survey, physical activity drops drastically during middle
25 school, with only 40.8 percent of boys and 23.4 percent of girls
26 meeting physical-activity recommendations; and
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28 WHEREAS, these gender disparities in physical activity
29 continue in high school, with only 30.6 percent of boys and 13.6
30 percent of girls meeting physical-activity recommendations; and
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32 WHEREAS, requiring physical education in middle school will
33 provide students with the knowledge, attitudes, motor skills,



1 behavioral skills, and confidence necessary to adopt and
2 maintain a physically active lifestyle throughout their lives;
3 and
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5 WHEREAS, middle school is also the ideal place to provide
6 health education to students before they engage in unhealthy and
7 risky behaviors; and
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9 WHEREAS, rapid physical and emotional changes make early
10 adolescence a crucial period for young people to develop healthy
11 habits; and
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13 WHEREAS, many adolescents begin experimenting with sex,
14 tobacco, alcohol, and many other harmful drugs, all of which
15 pose serious threats to their personal health and well-being;
16 and
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18 WHEREAS, requiring health education in middle school will
19 teach students about physical, mental, emotional, and social
20 health, motivate students to improve and maintain their own
21 health, prevent disease, and reduce risky behaviors; now,
22 therefore,
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24 BE IT RESOLVED by the House of Representatives of the
25 Twenty-eighth Legislature of the State of Hawaii, Regular
26 Session of 2015, that the Board of Education is urged to require
27 students in grades six, seven, and eight to take courses in
28 physical education and health education; and
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30 BE IT FURTHER RESOLVED that certified copies of this
31 Resolution be transmitted to the Chairperson of the Board of
32 Education and the Superintendent of Education.
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OFFERED BY:

Debra A. Bellotti

Richard Lingo

Brian Kolach

Greg

Beth A. Chang

Mark J. Haack

Greg Lingo

